



Douglas County

WIC Facts: 2005

Infants Born Served by WIC

County..... 68%
Statewide.....50%

Women, Infants and Children Served

Total: 1,293

Infants and
children under 5.....944

Pregnant,
breastfeeding and
postpartum women.....349

WIC and the Farmers Market Nutrition Programs Benefit the Local Economy

Dollars to grocery stores
\$469,856

Dollars to farmers
\$5,216

WIC Families

Working families.....73%

Families living in poverty..... 68%

Even though they are working, the majority of WIC families are living in poverty. In 2005, the monthly income for a family of three living in poverty was \$1,676 or less.

WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions.....3,788

WIC nutrition education:

- Emphasizes healthy habits so families can eat better and stay active to prevent obesity and other chronic diseases.
- Promotes breastfeeding for at least the first year of life. And, helps working mothers breastfeed longer by providing breast pumps.
- Helps prevent early childhood caries by giving parents ideas for healthy snacks and stressing dental care by age one.

WIC Attracts Families to Preventive Health Services

WIC referrals..... 4,140

WIC helps families get the services they need.

Douglas County

WIC Agencies and Sites

Chelan-Douglas Health District
East Wenatchee

Statewide WIC Facts 2005

WIC served 273,750 pregnant women, new mothers and children under age 5

- 67% were from working families.
- 11,000 were women in the armed services, and women and children living in military households.
- Families received healthy foods, education and counseling on nutrition and physical activity, referrals, and breastfeeding support.

WIC contributed \$104 million in local grocery stores sales

- Each client received checks to purchase an average of \$52 a month in healthy foods.
- Families buy healthy food with their WIC checks at more than 730 grocery stores statewide.
- In addition, through the Farmers Market Nutrition Program, WIC families bought more than \$774,000 in fresh fruits and vegetables from local farmers in 28 counties.

WIC's breastfeeding rate is 3rd highest in the nation²

- All pregnant women on WIC receive breastfeeding education and support; 81% of WIC mothers breastfed their babies.²
- Children who are not breastfed have higher rates of infections, allergies, asthma, diabetes, SIDS, and childhood obesity.³
- Breastfed infants are 80% less likely to die before age 1 than those never breastfed.⁴
- Mothers who breastfeed have lower rates of breast cancer and osteoporosis.³

In the past 30 years, Washington WIC has contributed more than \$1 billion in grocery sales and saved an estimated \$700 million in health care costs.⁵

¹ Federal Fiscal Year 2005.

² "Mothers Survey, Ross Products Division, and Abbott Laboratories." 2003-Abbott Laboratories.

³ U.S. Dept. of Health and Human Services. HHS Blueprint for Action on Breastfeeding, Wash.D.C., DHHS, Office of Women's Health, 2000.

⁴ Forste R, Weiss J, Lippincott E. "The Decision to Breastfeed in the United States: Does Race Matter?" Pediatrics. 2001; 108; 291-296.

⁵ Mathematica Policy Research: The savings in Medicaid costs for newborns and their mothers from prenatal participation in the WIC program. Prepared for U.S. Department of Agriculture, Food and Nutrition Service, October 1990.